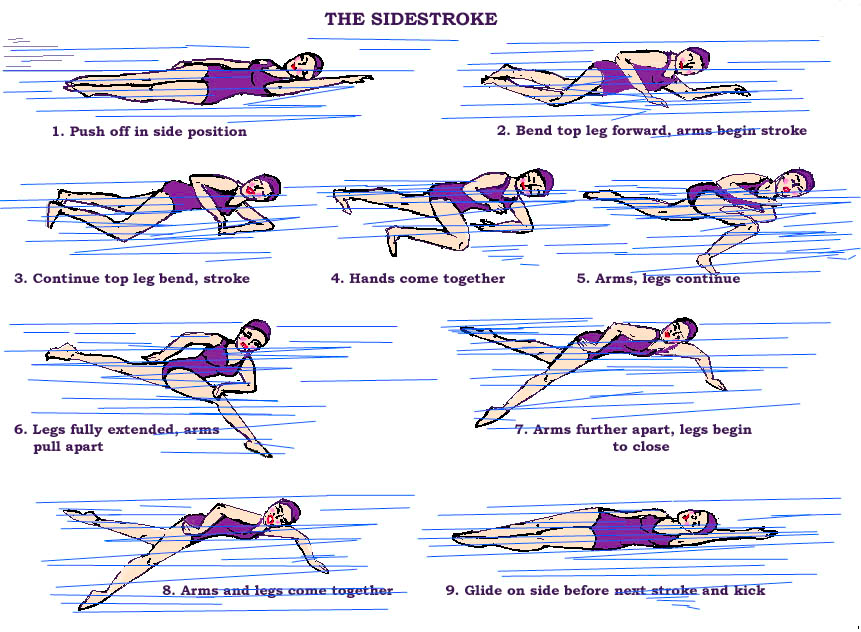
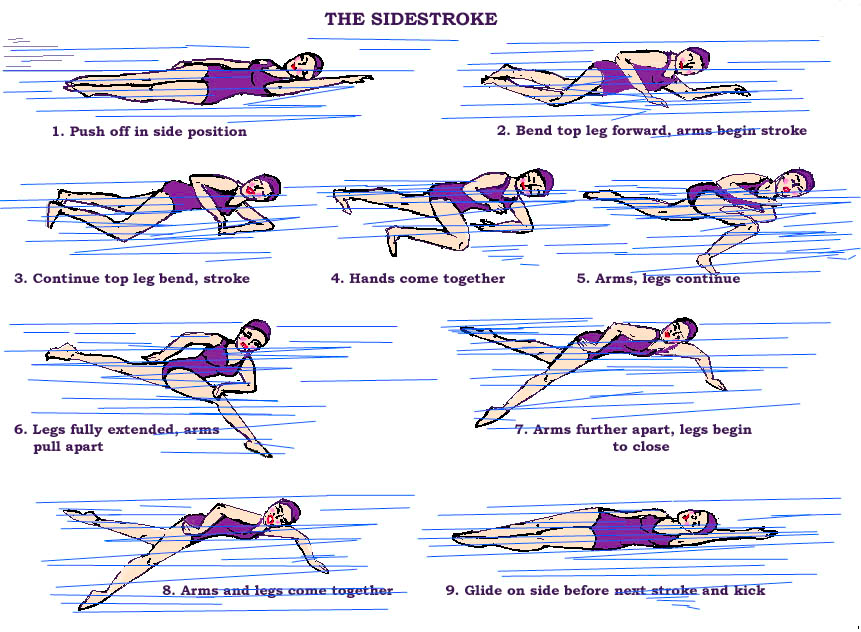
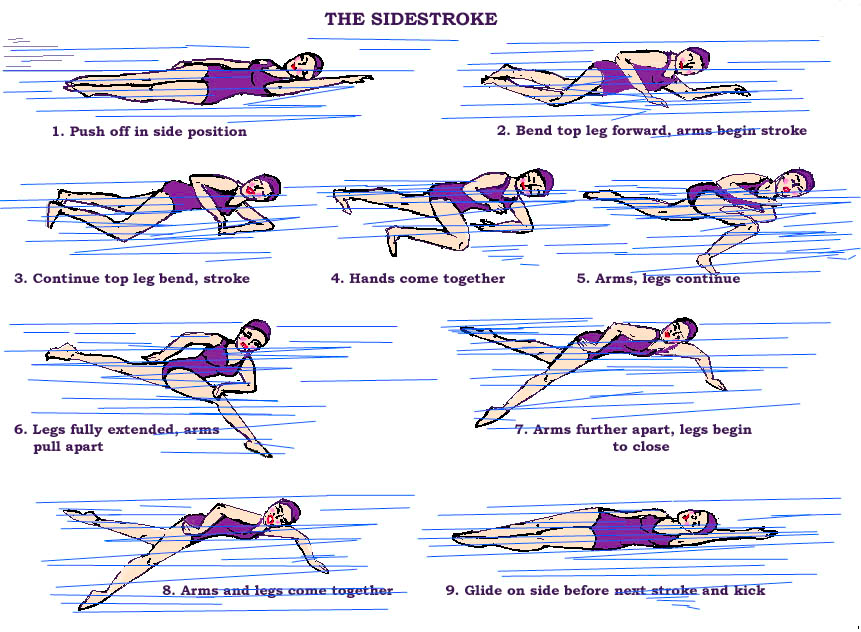
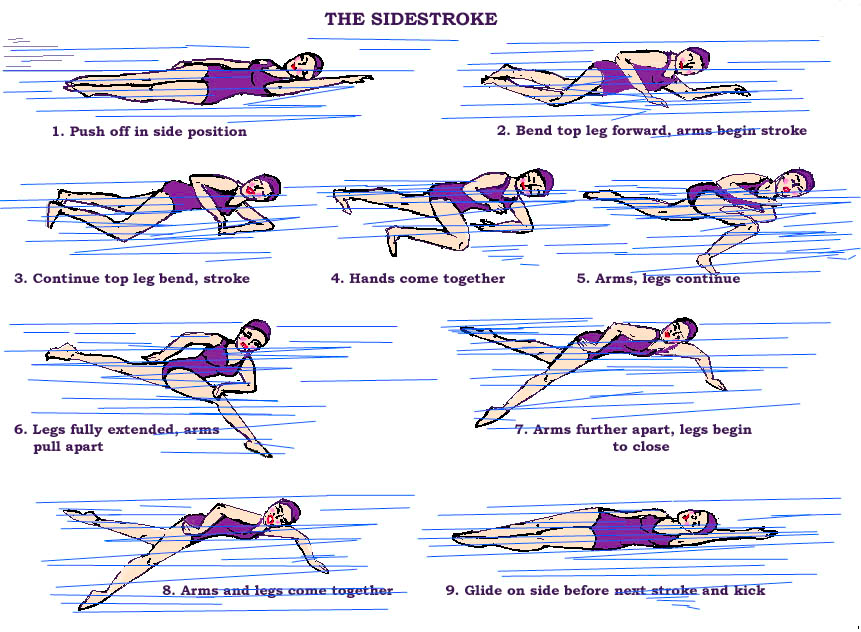
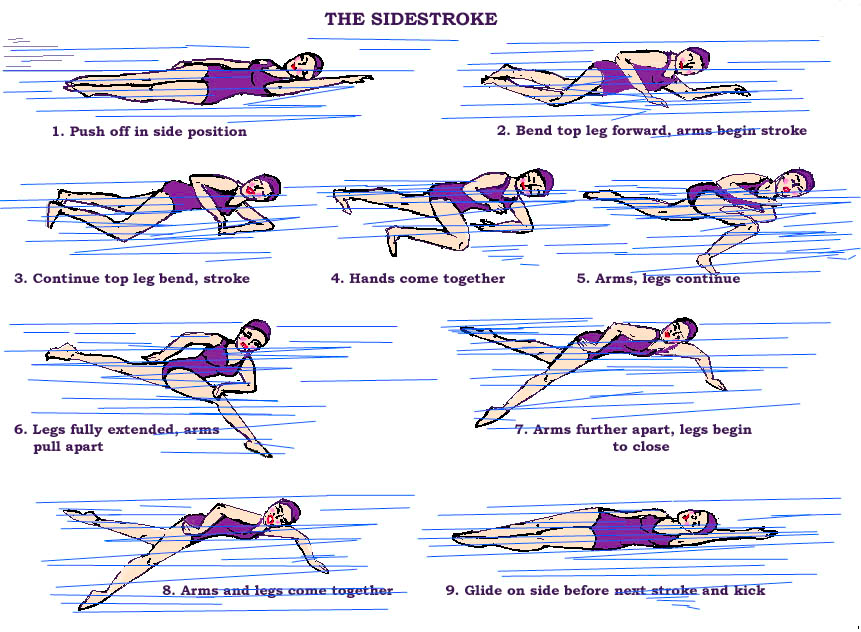
**scissors kick**

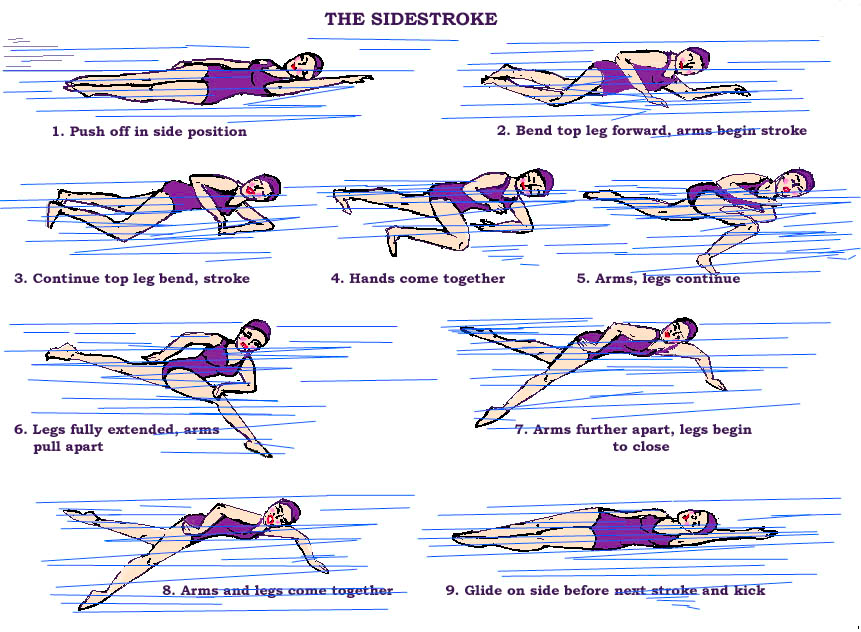
**Scissors Kick Study Guide**

* used for treading water and survival swimming
* start with legs straight and together
* bend your knees tucking both legs up
* separate your legs, top leg forward, bottom leg back
* squeeze legs back together

**sidestroke**

* start with bottom arm extended out in front, top arm at your side, legs straight and together
* as bottom arm starts to pull toward shoulder, top arm moves through the water to meet it
* top arm now pushes water to hip, bottom arm returns through the water to starting position
* kick is started when arms start to pull
* arm movements and kick should be coordinated to finish with a glide
* glide until you begin to slow down before starting the next stroke
* only survival swimming stroke in the scissors kick unit (one that uses less energy because the arms stay under the water





**over arm sidestroke**

* all components are identical to sidestroke except the recovery phase of the top arm
* instead of moving through the water to meet your bottom arm, the top arm recovers out of the water and in front of the face
* the top arm then pushes water from the face to the hips

**trudgen**

* builds upper body strength
* uses the body position, arms, and breathing of freestyle
* legs should drag behind as the arms pull, no flutter kick
* every time a breath is taken, perform a small scissors kick

**trudgen crawl**

* a combination of freestyle and a scissors kick
* uses the body position, arms, flutter kick, and breathing of freestyle
* while arms are pulling, the legs should be flutter kicking
* every time a breath is taken, perform a small scissors kick
* only stroke to use two different kicks